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Weekly Bulletin

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GUY P. JONES
EDITOR

California Raw
Vegetables Safe.

A physician of an eastern state, attending a medical meeting of national importance, charged that a certain vegetable from California, which is commonly eaten without cooking, is responsible for cases of an intestinal disease that occur in his practice.

His statement was to the effect that "Coming from California there are reports of an unusual specific infection of the gastro-intestinal tract which has been communicated by raw vegetable. We had a little boy who was especially fond of this vegetable. He developed colitis with diarrhea, and our technician, who had worked in California, recognized at once the eggs of the parasite and there is no reason to doubt that it was transferred from California in the vegetable. It was interesting to me from an agricultural standpoint, having been an agriculturist; and, being a pediatrician, I have advised not to feed raw vegetables to children as the possibility of infections being carried by these vegetables is really great, in view of the large amounts of excreta of farm animals and sometimes of human beings that are used in fertilizing the crops."

The California State Board of Health engaged in correspondence with this physician, who stated that his technician had found the parasite *Chilomastix mesnili* on vegetables from California and that it was assumed that these parasites had been transported across the continent. The matter was then referred by Dr. Walter M. Dickie, Secretary of the Cali-

fornia State Board of Health, to Prof. C. A. Kofoid of Berkeley, Consulting Parasitologist of the Board. Professor Kofoid's statement, which follows, makes it clear that "there is not a shadow of evidence that any of these parasites are ever transferred to human beings by the use of raw vegetables." Professor Kofoid said:

"I am somewhat familiar with human intestinal parasites. There is not a shadow of evidence that any of these are ever transferred to human beings by the use of these vegetables. There is a great deal of evidence that they are transferred in families by the hands of persons infected with these parasites which are soiled with human feces or by the use of the common wash bowl and towel in which fecal-smeared hands have been washed. We have a considerable mass of statistical evidence that *this is the route* by which infections may be expected to be transferred.

These parasites die very quickly when exposed to the low temperatures of the air and even their cysts die out rather rapidly even in stools protected from sunlight. Sunlight, as is well known, is rather quickly fatal to most if not all disease germs. There are numerous laws against the use of night soil in market gardens and our California growers are vigorous in the protection of our product against such use. Furthermore no domestic animals, and I am somewhat familiar with their parasites, habitually harbor the human forms. *Chilomastix*, which I understand from a letter written by you to Dr. W. M. Dickie, was the parasite in question in your case, is not found in our domestic animals.

Infection by human protozoan parasites is no more abundant in this state than in others, and there is no evidence that eating this vegetable is followed by the infection. Vegetable foods, that is carbohydrates, are more favorable to their multiplication in the bowel. Proteins tend to suppress their numbers. This has nothing to do with the incidence or prevalence of the infection."



Infants Now Have Chance To Live.

There is perhaps no better evidence of a substantial advance in standards of American family life than the figures which show the effect of parental intelligence and of enhanced family well-being upon the death rate of young children. Children are today being saved for lives of future usefulness who would have died under the conditions of family environment, and under the standards of child care prevailing twenty years ago. There is much evidence to show the extent of the real advance in this element of our civilization. Among children under one year of age in the United States Registration Area in 1900, nearly 17 per cent, or about one-sixth, died before reaching the second birthday. In 1922, the mortality among these babies was only 8 per cent!

Perhaps the best evidence of an advance in parental intelligence and in family welfare is the declining death rate for diarrhea and enteritis. The diseases included under this heading in mortality statistics are, for the most part, due to the improper care and feeding of children. Unquestionably, most of the intestinal disorders of children can be prevented. The infant who has an abundance of air space in the home, with plenty of sunlight, who is clothed to suit the weather, kept scrupulously clean, and who is fed in accordance with the simple, commonsense direction of the family physician, is almost certain not to develop the intestinal disorders which, twenty years ago, carried off so many very young children. That these precepts of child care are today much more generally practiced in American homes is shown by the fact that the modern infant is only one-fifth as likely to die of some intestinal disease as was the baby who lived two decades ago.—Oklahoma State Bureau of Public Health Bulletin.



Ignorance and disease are boon companions. They flee from truth and knowledge as the night flies before the morning.

Origin Of Word "Hygiene."

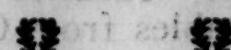
According to the Greek mythology Apollo was the god of healing. Now Apollo had a son by a mortal woman, Coronis, the daughter of a Thessalian prince. The name of the son was Asclepius, the father of medicine. Asclepius lived with the other gods until his great human heart, derived from his mother, induced him to give up the delights of Olympus and go down and live among men so that he could practice the medical skill which his father had taught him and which was so needed among the mortals.

Asclepius went about doing good and healing the sick and in time had two daughters, Panacea and Hygeia. Panacea helped her father in many ways, gathering his herbs and preparing his medicine for him. Hygeia, being much impressed with the futility of trying to cure many of the cases, and realizing keenly that most of the sickness and suffering was a result of ignorance, set about to teach the people not how to get well but how to stay well. Her teachings are called hygiene after herself. So successful were they that she very nearly drove her old dad out of business.

Indeed so successful were all of the trio that Pluto became worried for fear Hades would be depopulated and complained bitterly to Zeus about it. Zeus reasoned that there was no sense in having a perfectly good Hades unless it were filled up, so he hurled a thunderbolt at Asclepius, crippling the old man so that he had to walk thereafter with a staff. He is commonly represented carrying this staff with a serpent, the symbol of wisdom, wrapped about it.

Nothing daunted Asclepius, the true physician, went ahead with his work and his learning, and indeed became so successful that he was able to raise the dead. This was of course entirely too much and Zeus hurled another bolt and this time killed the poor old fellow outright. But the spirit of the grand old god who gave up his immortality to become a man and a servant of man still lives.

And his daughter, Hygeia, still goes about teaching men and women how they may keep well, be happy, strong and efficient and how they may avoid pain and death.—*Indiana Health Bulletin.*



We should impart our courage, and not our despair, our health and ease, and not our disease, and take care that this does not spread by contagion.—Henry David Thoreau.

New Statistics On Smallpox Immunization.

Dr. Allen F. Gillihan, State District Health Officer of the California State Board of Health, is the author of the following statement concerning the world prevalence of smallpox and the results of immunization against the disease.

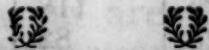
"In the Franco-German War of 1869 and 1870, fought mainly in the northern part of France, the German troops numbered about 834,000, and the French troops numbered about 534,000. Smallpox was prevalent in the northern part of France and had a very high death rate, for it has been estimated that over 200,000 French civilians died from smallpox during the year 1869-1870.

The German army was well immunized, but not entirely and completely protected, because it lost 297 who died from smallpox. The French army was very poorly protected against this disease; probably half the entire French army had never been immunized at any time during their lives. There was recorded 23,469 deaths from smallpox among the French troops.

The volume of statistics (Vol. 15) of the U. S. army in the world war has just been issued. It gives some very interesting facts regarding the protection conveyed by immunization. Between April 1, 1917, and December, 1919, the U. S. army in the world war, both in the U. S. and in Europe, totalled 3,703,191 officers and men. The world epidemic of influenza, a disease against which there is no known efficient immunization, occurred in 1918. There were 734,397 cases of flu in the U. S. army. Of these, 23,359 died from this disease.

Having the awful smallpox experience of France in 1869-70 in mind, the entire U. S. army was well protected against the disease. During the time under observation (April, 1917 to Dec., 1919) there were just 749 cases of smallpox in the entire army, and of these 5 died.

As 5 bears to 3,703,191 among the properly protected and 23,469 bears to 534,000 among the poorly protected one obtains a relative value of the protection from immunization. An immune person can not get the smallpox while he is immune.



Pasadena Health Department Reports.

The Pasadena City Health Department has recently issued a printed report covering the fiscal year 1924-1925. The varied activities of the department are presented in an attractive manner. Dr. F. W. Hodgdon, Jr., is Health Officer of Pasadena.

Season For Common Colds On The Way.

Respiratory infections, including the common cold, are more prevalent during the months of January, February and March than during other periods of the year. Much information about how to prevent common colds is published. Perhaps the most sensible sort of advice in this matter is that issued recently by the Texas State Board of Health. It reads as follows:

"The common cold occurs more frequently than any other disease, and is generally regarded in a very trivial manner, supposedly because it is such a common thing to have one. However, this is not the right attitude to have towards colds, for if not always dangerous within themselves, they weaken the system and lower bodily resistance, thereby making their victims prey to attacks from other disease germs, especially those of influenza and pneumonia.

"There are many various kinds of colds, and they are transmitted from one person to another by direct or indirect contact. Just what causes colds is not definitely known, there being probably several causative factors.

"As a cold is a communicable disease, it would be well if it could be handled as other communicable diseases, isolating the patient suffering from it, in order to prevent contact with others. Owing to the commonness of colds, it is impractical to use such methods, but one should always avoid a person suffering from this disease as much as may be possible. Other rules to be observed in preventing colds are:

"Avoid sudden changes of body temperature, as this lessens the body's protective forces against the infective material causing colds.

"Provide proper ventilation for rooms, and where rooms are heated with stoves, keep a vessel of water on the stove so that the evaporation will insure sufficient humidity.

"Dress so as to keep warm but not in a cumbersome manner, and eat nourishing, digestible food. Take plenty of exercise in the open air, and strive to keep the body in good physical condition."



One of the keystones of mental health is to do a great many useful things. Real self-control comes from desirable expression. The child who is busy with useful, enjoyable tasks all day has no time, energy, or attention for mischief.—*Hygeia*.

MORBIDITY.***Diphtheria.**

106 cases of diphtheria have been reported, as follows: Los Angeles 21, Los Angeles County 11, San Francisco 10, Fresno 6, Stockton 5, Oakland 7, Kern County 1, Sacramento 4, San Jose 1, Yolo County 3, San Diego County 1, Fresno County 2, Merced County 1, Richmond 1, South San Francisco 1, Berkeley 1, Watts 4, Long Beach 2, Alhambra 1, LaVerne 1, Montebello 1, Huntington Park 2, Hawthorne 1, Whittier 1, Compton 2, Signal Hill 1, Hayward 1, Livermore 1, Alameda County 1, Contra Costa County 1, Woodland 2, San Diego 3, Anaheim 2, Santa Barbara 3.

Scarlet Fever.

129 cases of scarlet fever have been reported, as follows: Los Angeles 25, Los Angeles County 15, San Francisco 11, Maywood 8, San Diego 5, Santa Clara County 5, Gridley 7, Sausalito 1, Reedley 3, Sonoma County 1, Monterey 2, Torrance 1, Azusa 1, Madera County 1, Madera 1, Pomona 1, Kern County 4, Bakersfield 1, Chico 2, Santa Barbara County 1, Fresno 1, Fresno County 2, Long Beach 4, San Diego County 2, Hanford 2, Modesto 3, Berkeley 2, San Jose 1, Sacramento 2, Stockton 3, Lodi 1, Tracy 1, San Joaquin County 2, Kings County 1, Palo Alto 1, Redding 1, Oakland 4.

Measles.

23 cases of measles have been reported, as follows: Los Angeles 14, Ventura County 2, Los Angeles County 1, San Francisco 3,

*From reports received on December 7th and 8th for week ending December 5th.

Fresno County 1, Oakland 1, Riverside County 1.

Smallpox.

42 cases of smallpox have been reported, as follows: Los Angeles 8, Sacramento 5, Oakland 9, Mendocino County 5, Yolo County 3, Contra Costa County 2, Tehama County 1, Lincoln 2, Los Angeles County 2, Fort Bragg 1, Long Beach 3, Alameda County 1.

Typhoid Fever.

6 cases of typhoid fever have been reported, as follows: Madera County 1, Los Angeles 1, Los Angeles County 1, Yolo County 1, Chico 1, Riverside 1.

Whooping Cough.

45 cases of whooping cough have been reported, as follows: San Francisco 8, Los Angeles 5, Berkeley 5, Oakland 9, El Monte 1, San Diego 2, Pomona 1, Los Angeles County 2, Fresno 2, Fresno County 1, Pasadena 4, Long Beach 4, Santa Barbara 1.

Epidemic Meningitis.

4 cases of epidemic meningitis have been reported, as follows: Red Bluff 1, Los Angeles 2, Berkeley 1.

Leprosy.

Los Angeles reported one case of leprosy.

Poliomyelitis.

Two cases of poliomyelitis have been reported, as follows: Fresno 1, San Francisco 1.

Epidemic Encephalitis.

San Fernando reported one case of epidemic encephalitis.

COMMUNICABLE DISEASE REPORTS.

Disease	1925			Reports for week ending Dec. 5 received by Dec. 8	1924			Reports for week ending Dec. 6 received by Dec. 9		
	Week ending				Week ending					
	Nov. 14	Nov. 21	Nov. 28		Nov. 15	Nov. 22	Nov. 29			
Anthrax-----	0	0	0	0	0	1	0	0		
Chickenpox-----	173	246	217	241	201	264	223	334		
Diphtheria-----	127	141	146	106	188	171	213	195		
Dysentery (bacillary)-----	4	0	0	2	10	0	0	0		
Epidemic encephalitis-----	3	0	4	1	1	4	4	3		
Epidemic meningitis-----	3	3	0	4	1	2	3	1		
Gonorrhoea-----	81	239	118	98	75	73	86	96		
Influenza-----	20	18	17	15	14	26	23	18		
Leprosy-----	1	0	0	1	0	0	1	0		
Malaria-----	1	0	2	1	2	0	0	1		
Measles-----	13	17	10	23	24	35	26	34		
Mumps-----	203	179	212	261	66	107	79	106		
Pneumonia (lobar)-----	63	35	35	57	114	55	53	83		
Poliomyelitis-----	16	13	10	2	10	7	12	6		
Scarlet fever-----	124	170	171	129	112	137	163	157		
Smallpox-----	66	41	55	42	98	97	79	100		
Syphilis-----	105	200	96	126	166	132	111	122		
Tuberculosis-----	166	198	125	115	179	118	207	134		
Typhoid fever-----	14	17	17	6	23	82	26	32		
Whooping cough-----	56	30	55	45	74	101	69	119		
Totals-----	1239	1547	1290	1175	1358	1412	1378	1532		

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